



Black-and-White Sundaes



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



1273 kcal

DESSERT

Ingredients

- ☐ 1 pint ice-cream chocolate shell
- ☐ 0.5 cup heavy cream
- ☐ 7.5 ounce marshmallow creme
- ☐ 1 pinch salt
- ☐ 12 ounce semi chocolate chips
- ☐ 1 pint whipped cream
- ☐ 4 servings slightly whipped cream sweetened

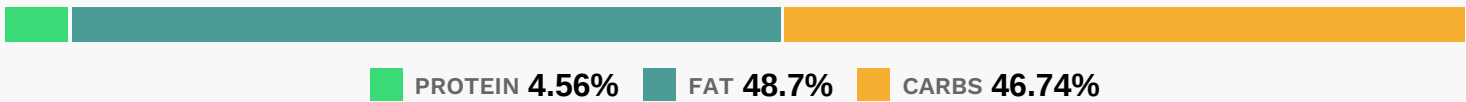
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Spoon 1 tablespoon of each of the sauces into each of 4 shallow serving dishes, placing them next to each other.
- ☐ Place a scoop of the chocolate ice cream on the marshmallow sauce and a scoop of the vanilla on the chocolate sauce. Top each scoop of chocolate ice cream with marshmallow sauce and each scoop of vanilla with chocolate sauce.
- ☐ Add a dollop of the whipped cream to each scoop and serve immediately.
- ☐ Melt the chocolate with the cream, 6 tablespoons water, and the salt in a heatproof bowl set over a saucepan of simmering water, stirring until smooth.
- ☐ Use immediately, or let cool to room temperature, transfer to a glass jar, and refrigerate, tightly covered, for up to 2 months. Shake well before serving chilled, or gently reheat before serving.
- ☐ With a rubber spatula, scrape the marshmallow cream into a bowl.
- ☐ Add 3 tablespoons of warm water to the jar, screw on the lid, and shake hard.
- ☐ Add the liquid to the bowl and whisk until smooth. Thin the sauce with 1 to 2 tablespoons water if necessary. Use immediately or transfer to a glass jar and store at room temperature, tightly covered, for up to 3 months.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:32.91, Inflammation Score:-8, Nutrition Score:24.664347918137%

Nutrients (% of daily need)

Calories: 1273.1kcal (63.66%), Fat: 70.68g (108.74%), Saturated Fat: 42.49g (265.53%), Carbohydrates: 152.64g (50.88%), Net Carbohydrates: 143.58g (52.21%), Sugar: 120.39g (133.76%), Cholesterol: 135.55mg (45.18%), Sodium: 211.25mg (9.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 76.69mg (25.56%), Protein: 14.88g (29.75%), Manganese: 1.3mg (65.12%), Copper: 1.25mg (62.61%), Magnesium: 203.29mg (50.82%), Phosphorus: 494.5mg (49.45%), Iron: 6.61mg (36.75%), Fiber: 9.05g (36.21%), Vitamin B2: 0.61mg (36.17%), Calcium: 358.79mg (35.88%), Vitamin A: 1511.07IU (30.22%), Potassium: 1049.27mg (29.98%), Zinc: 3.85mg (25.66%), Selenium: 13.21µg (18.87%), Vitamin B12: 1.02µg (17.04%), Vitamin B5: 1.69mg (16.92%), Vitamin E: 1.52mg (10.16%), Vitamin B1: 0.13mg (8.9%), Vitamin B6: 0.16mg (8.18%), Vitamin K: 7.9µg (7.52%), Folate: 26.21µg (6.55%), Vitamin D: 0.97µg (6.49%), Vitamin B3: 1.14mg (5.7%), Vitamin C: 1.72mg (2.08%)